

Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which, if not eliminated every day, become food for the millions of bacteria which infest the bowels, the quick result is poisons and toxins which are then absorbed into the blood causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.

People who feel good one day and badly the next, but who simply can't get feeling right are urged to obtain a quarter pound of limestone phosphate from any druggist or storekeeper. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities in to the blood, while the bowel pores do. —Adv.

Dressed Wife as Widow.

Realizing that he was dying, Karl Kellams, three days before his death, asked his wife to buy a black mourning dress and veil so that he could see her as she would appear at the funeral. To satisfy him, Mrs. Kellams dressed in mourning and stood at his bedside. Kellams had been sick of tuberculosis for some months. He recently returned from Phoenix, Ariz., where he had gone in the hope that the change in climate would benefit him. —Philadelphia Record.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

Unusual Celicity.

A lady who had just received an interesting bit of news said to her little daughter:

"Marjorie, dear, auntie has a new baby, and now mamma is the baby's aunt, papa is the baby's uncle, and you are her little cousin."

"Well," said Marjorie, wonderingly, "wasn't that arranged quick?" —Boston Transcript.

Druggist Knows the Best Kidney Remedy

For more than twenty years I have been successfully selling Dr. Kilmer's Swamp-Root to my customers who were in need of such a medicine and they all speak in the highest terms of the good results obtained from its use. I know it is a good medicine for kidney, liver and bladder troubles and I never hesitate in recommending it to anyone who is in need of it.

Very truly yours,
W. H. MASON, Druggist,
Jan. 5th, 1916. Humboldt, Tenn.

Letter to
Dr. Kilmer & Co.,
Binghamton, N. Y.

Prove What Swamp-Root Will Do For You
Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores. —Adv.

Extremes Meet.

"The brightest man in my class at college is now motorman on a street car."

"And how about the stupidest man? He's president of the road, I presume?"

"No, he's the conductor."

Misunderstood.

"Whenever she asks her husband for money he gives her assent."

"Gracious, what a mean man!"

sent over Craig. But the delirium had overcome Kennedy, too.

Unable to make any sense out of Craig's broken wanderings, Godowski lost no time in taking samples of our blood.

Then he hurried away to his laboratory in his car. As he did so, however, Long Sin leaped into a taxicab which was waiting, and followed.

In Godowski's laboratory, where he was studying tropical diseases, the bacteriologist set to work at once to confirm his own growing suspicions.

From a monkey which he had there for experimental purposes, he drew off some blood samples. Then, with the aid of his assistant, he took the blood samples he had obtained from us. The monkey's blood, under the microscope, seemed full of rather elongated, wriggling germs, of a peculiar species. In and out they made their way among the blood corpuscles, each like a dart aimed at life itself.

Then he took the samples of our blood. In them were the same germs — carried by that gruesome tick!

"The spirillum!" he muttered. "They are infected with African recurrent fever. The only remedy is atoxyl, administered intravenously, after the manner of Professor Ehrlich's famous '606.'"

Godowski had rung the call box hastily for a messenger, when Long Sin, who had managed stealthily to creep up to the doctor's laboratory window, scowled through at the action—then moved away.

While his assistant gathered the apparatus, the doctor wrote:

Miss Anne Septix,

301 W. —th St.,

Please go at once to the apartment of Craig Kennedy, — Claremont Ave. Surgical case.

GODOWSKI, M. D.

The boy arrived finally and the doctor gave him a generous tip, to hurry with the note.

He had turned the corner, however, when Long Sin appeared. Subtly he played on the boy's cupidity to get him to deliver a note of his own—even offered to deliver the boy's note for him. The flash of a five dollar bill made the rest easy.

As the boy disappeared on a fake errand, Long Sin, with the real note hurried downtown, smiling wickedly.

"They have discovered the fever, master," he reported in the den.

Wu was beside himself with rage. Before he could speak, however, Long Sin spread out Godowski's message.

"I have this," he added.

It took merely a glance to suggest to Wu a new plan of action. He rose and moved quickly into the back room. "Come," he ordered Weepy Mary. "You must dress up as a nurse—immediately." Quickly she donned one of the numerous disguises, while Wu planned his campaign.

"Here," he directed when she was ready, handing her a little vial. "You must infect every instrument the doctor uses on Kennedy and Jameson—see?"

She nodded, and a moment later was on her way uptown.

Meanwhile Godowski himself had arrived at our apartment, much to the relief of our friend Johnson, and was unpacking his instruments.

Quickly he improvised two operating tables and placed one of us on each. Then, with his assistant, he put on his white robe, mask, gloves and other precautions for asepsis, setting out the apparatus for the intravenous administration of the drug that would kill the spirillum.

They had finished their preparations and were waiting for Miss Septix. "She ought to be here now," muttered Godowski impatiently, looking at his watch.

Just then a cab drove up outside.

"Perhaps that is she!" he exclaimed.

"It must be."

A few moments later the door of the apartment opened. His face showed his disappointment. It was a stranger.

"Miss Septix is ill," she introduced, "and sent me to take her place."

The doctor looked about. "Very well, then," he said briskly, seeing his preparations. "Are you ready to go ahead?"

She nodded and threw off the coat that covered her immaculate white uniform.

The specialist plunged wholeheartedly into his work of saving us now.

"Hand me that needle, please," he directed the false nurse.

She moved over to the table near by and took it up, pausing only long enough to dip it secretly into a vial she carried with her.

"Please hurry," repeated the doctor.

She turned from the table and handed it to him. He adjusted it and already held it poised for the thrust which was not to cure but to poison us further.

"Weepy Mary!" cried a frightened voice at our door.

Elaine had been deeply alarmed by the sudden illness of Kennedy and the message from Jameson. No sooner had Kennedy gone than it flashed over her that Wu Fang had predicted something like this.

"The throat!" she exclaimed, seek-

ing her cousin. "Mary, I must go to the city—right away."

On the next train, then, she had been speeding back to New York.

One glance at the improvised hospital was enough to alarm her. But the sight that had transfixed her was of a woman whose face she remembered well, though Kennedy and I had never seen her.

"Please, Miss," began Godowski's assistant, trying to quiet Elaine, while Godowski turned in vexation to his work.

"No, no!" repeated Elaine. "This woman is no nurse. She is a criminal!"

Godowski paused. It was true he did not know the woman. He gazed from Elaine to Weepy Mary in doubt.

The game was up. Weepy Mary dropped a piece of gauze which she had soaked in the solution from the vial which Wu had given her and bolted for the door.

So sudden was her flight that no one was quick enough to stop her.

The excitement, more than ever, alarmed Elaine now. "Tell me," she appealed to Doctor Godowski, "what is the matter?"

"In some way," he replied quickly, "they have become infected with the bite of an African tick which carries spirillum fever."

Godowski raised his hands in despair. "I was just about to start," he cried. "Everything is ready. I can't send for another nurse. Every minute counts."

Elaine had thrown off her coat and hat. Her sleeves were up in a moment, and before the doctor knew what she was about she was scrubbing her hands in the antiseptic wash.

"Only—show me—what to do," she cried. "I will be the nurse!"

Several days later when he had recovered sufficiently from the diabolical attack that had been made upon us, Kennedy was again at work in the laboratory, while I was writing.

Our speaking tube sounded, and I knew that it was Elaine and Aunt Josephine.

"How do you feel?" inquired Elaine anxiously, as she almost ran across the laboratory to Craig.

"Fine!" he exaggerated brightly. "Really, she repeated anxiously."

"Thank you," she said, turning to the microscope.

He turned some blood from a test tube in our electric incubator and placed a drop on a slide. It was some of the blood infected by the germs carried by the tick.

"That is how our blood looked—before the new nurse arrived," he smiled, while Elaine looked on in horror.

Then he pricked his arm and let a drop smear on another slide.

"Now look at that—perfectly normal," he added.

"Oh, I'm so glad," she exclaimed radiantly.

"Normal—thanks to you. You saved us. You were just in time," cried Craig, taking both her hands in his.

He was about to kiss her, when she broke away. "Craig," she whispered, blushing and looking hastily at us.

Aunt Josephine and I could only smile at the disgusted glance Craig gave us, as he thrust his hands in his pockets and wished us a thousand miles away at that moment.

(TO BE CONTINUED.)

Ready For It?

He was traveling in the South and had to put up overnight at a second-rate hotel in western Georgia. He said to the clerk when he entered:

"Where shall I autograph?"

"Autograph?" said the clerk.

"Yes, sign my name, you know."

"Oh, right here."

As he was signing his name in the register in came three roughly clothed, unshorn fellow immediately recognizable as Georgia "crackers."

One of them advanced to the desk.

"Will you autograph?" asked the clerk, his face aglow with the pleasure that comes from the consciousness of intellectual superiority.

"Certainly," said the "cracker," his face no less radiant than that of the clerk; "mine's rye."

The Great Mississippi River.

The Missouri is one of the great rivers of the United States. Its total length is about 2,400 miles, and that part above the confluence of the Northern Pacific has a length of about 1,160 miles. The total area drained by this river is 527,155 square miles, a territory as great as that embraced in the states of New Jersey, Pennsylvania, Ohio, Delaware, Maryland, Virginia, West Virginia, Kentucky, North Carolina, Tennessee, South Carolina, Georgia, Alabama and Mississippi.

Convictions Alone Count.

Back of eloquence there must be lofty conviction. Many men are high-minded, but they lack the power to express their feelings. The convictions are the oxygen, and power of expression is the hydrogen, of public life.

Inside Information.

Man's Eden without Eve would be a dirty place, full of tobacco smoke, — Exchange.

How to avoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ills peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.



Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet were cold all the time. I took Lydia E. Pinkham's Vegetable Compound and was cured, and I feel better in every way. I give you permission to publish my name because I am so thankful that I feel well again."

—Mrs. FRED BEHNKE, Marinette, Wis.

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation. I could hardly walk without help so when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and a package of Lydia E. Pinkham's Sanative Wash and used them according to directions. They helped me and today I am able to do all my work and I am well."

—Mrs. THOS. DWYER, 989 Milwaukee Ave., East, Detroit, Mich.

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that. I also tried a good many other medicines that were recommended to me and none of them helped me until a friend advised me to give Lydia E. Pinkham's Vegetable Compound a trial. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am picking up in weight. I am 20 years old and weigh 145 pounds. It will be the greatest pleasure to me if I can have the opportunity to recommend it to any other suffering woman."

—Miss IRENE FROELICHER, 1923 Manhattan St., North Side, Bellevue, Pa.

If you would like special advice write to Lydia E. Pinkham, Med. Co., (Lynn, Mass.). Your letter will be opened, read and answered by a woman and held in strict confidence.

Burglars!

"What did you do when you discovered there were burglars in the house?"

"My wife grabbed a rolling pin and crept softly through the hall, and I followed her."

"A case of 'safety first' for you, eh?"

"No indeed! Safety second."

AILING WOMEN NEED THIS FAMOUS DOCTOR'S PRESCRIPTION

Thousands of women who are now blessed with robust health cannot understand why thousands of other women continue to worry and suffer from ailments peculiar to women when they can obtain for a trifling sum Dr. Pierce's Favorite Prescription which will surely and quickly banish all pain, distress and misery and restore the womanly functions to health.

This prescription of Dr. Pierce's extracted from roots and herbs is a temperance remedy.

To get rid of irregularities, or catarrhal condition, to avoid pain at certain times, to overcome irritability and weakness, waste no time, but get Dr. Pierce's Favorite Prescription in liquid or tablet form this very day.

Convinced.

"I wasn't able to match that piece of goods for you," said hubby. "I tried six different stores, and they all told me they hadn't had anything like that in stock for five years."

"I knew that all the time," said wife. "I just wanted to prove to you that my best dress is hopelessly out of style. You wouldn't believe it when I told you."

Safe Bet.

"If fashion makes our dresses any shorter I don't know what we'll do."

"I do—you'll wear them."



PARKER'S HAIR BALSAM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

W. N. U., CINCINNATI, NO. 17-1916.

"ANURIC!" NEWEST IN CHEMISTRY

This is a recent discovery of Doctor Pierce, head of the Invalids' Hotel, Buffalo, N. Y. Experiments for several years proved that there is no other eliminator of uric acid comparable. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, "Anuric" acts quickly. In rheumatism of the joints, in gravel and gout, invariably the pains and stiffness which so frequently and persistently accompany the disease rapidly disappear.

Send Dr. Pierce 10c for large trial package. Full treatment 50c. All druggists.

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